



# SEPTEMBER 2016

MarylandWIC  
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge)	28	29	30	



# OCTOBER 2016

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# NOVEMBER 2016

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